

M  
O  
S  
T  
O  
F  
T  
H  
I  
S  
P  
A  
G  
E  
I  
S  
M  
I  
S  
S  
I  
N  
G



**Rejuvenating an Old Sweater.**  
 A rather ancient and faded sweater which was still good, however, was taken to an expert dyer and its drab, gray color changed to rich maroon. Or that the fashionable stripings cut out the bottom and sleeves were dyed in a rich, dark green. This was done by means of wool of the same color worked in place in chain or cable stitch with a needle. The old sweaters given a new lease of life.

**What to Make From What You Have.**  
 A man's soft shirt always wears out around the collar band and lower part of the sleeves, while the rest of the garment is almost as good as new. An ingenious mother can easily evolve from it either rompers or "nighties" needed by the small members of the family. Use the fronts, with buttons and buttonholes already in place, the backs, turning the best part of the shirt to the front where the wear will put the hardest wear. The material is usually appropriate in pattern and strong in texture, and a little is particularly happy to be inherited "father's shirt."  
 Another way of passing on a shirt is to make it into a blouse, provided, of course, the material is strong enough. In many cases it will be found adaptable to make the collar and cuffs new and perhaps contrasting material.

When a nightgown grows thin in the back and keeps splitting, it becomes a waste of time to continue wearing it. Cut off the gown just below the waistline, tear down the middle of the front, hem these edges and on a band, making a long, full collar on which is excellent to wear when sleeping.

**Try These Recipes.**

**Cream of Pea Soup**—1 pint or can peas, 1/2 teaspoonful sugar, white pepper, 1/2 teaspoonful salt, 1 1/2 tablespoonfuls butter, 1 pint milk, 1 pint liquid around peas and water, 2 tablespoonfuls flour. Turn the peas into a saucepan; add the liquid, water and sugar, and cook until very soft. Press the peas through a strainer. Make a white sauce of the remaining ingredients. Add the strained peas, heat and serve.

Become a **"SPECIALIST OF CHIROPRACTIC"**  
 Enroll with the **Canadian Chiropractic College**  
 757 Dovercourt Road, at Bloor  
 Write for Free Information

**Stuffed Potatoes**—Cut baked potatoes in half, remove the pulp, mash it, add enough milk to make it thinner than the usual consistency of mashed potatoes. Season with butter, salt and pepper. Fill the cases with this mixture, dot the tops with butter or brush them with milk, and bake the stuffed potatoes for 10 minutes in a hot oven. Potatoes may be stuffed in the morning and heated for the evening meal.

**Sauteed Carrots**—Clean, scrape and slice carrots. Dip in milk and then in corn flour. Saute to a light brown in fat, season with salt and pepper. Add a little water, cover and allow to steam on back of stove for about 30 minutes, until no water remains.

**BUY "DIAMOND DYES"**  
**DON'T RISK MATERIAL**

Each package of "Diamond Dyes" contains directions so simple that any woman can dye any material without streaking, fading or running. Druggist has color card—Take no other dye!

**Artificial Seasoning.**

The practice of artificial seasoning of timber has grown greatly within recent years. Seasoning that would occupy three or four years by natural processes can be accomplished in proper kilns in from three to four days to as many weeks.

The work is done in closed-in buildings capable of holding from 20,000 to 50,000 cubic feet of timber. The floor is gently sloping and the timber is gradually passed down it. A fan heater, and this air passes through the piles of boards or planks, which are separated about an inch. The air enters at the lower end in order to carry the moisture derived from the timber that has been longest in the kiln to that which has just been introduced at the upper end. The reason for this is that in seasoning the air must be charged with moisture at the beginning and only dry at the later stages. Without this precaution the timber would be "case dried," the interior remaining damp, and afterward it would warp and crack.

Minard's Liniment Relieves Colds, Etc.

Send for the Lantic Library  
 —3 new Cook-books on Cake-making, Preserving, Candy-making and Desserts. Sent FREE for a Red Ball trade-mark, cut from a sack or from the top panel of a Lantic carton. Write for it today.

# Lantic Sugar

**"I DID help make it, didn't I? Now there are two cooks in our family, aren't there, Mother? And see how light the cake is! I told Harold I creamed the butter and sugar, and he said I wasn't big enough. He didn't know I used Lantic. He didn't know I didn't make it, Mother."**

...S TIME  
 ...and sauces, in the cooking of  
 ...the sweetening of beverages.  
 ...LANTIC SUGAR REFINERIES  
 ...LIMITED - MONTREAL

# me!

20 and 100 lb. bags

...s, linen and delicate fabrics  
 ...look as fresh and bright as

## and Dyeing

...e at Parker's.  
 ...ere you live; parcels can be  
 ...The same care and attention  
 ...you lived in town.  
 ...ise you on any question re-  
 ...WRITE US.

**e Works Limited**  
**& Dyers**  
 Toronto